DR KIERA LANE COMPLETE FERTILITY

Fertility Detox Fast-Track

Fertility Detox Fast Track

We live in a toxic world. The air we breathe, the water we drink, the food we eat contains pesticides, preservatives and other chemicals. This toxic overload wreaks havoc on our hormones, our body's normal physiology, and your fertility. It's time to take a fast track to detox your life specially to help regain optimal fertility.

The Three Pillars to Fast Track Your Detox Include

Detox Your Home Detox Your Food Detox Your Mind

It is time to do some cleaning in your environment and in your surroundings. Environmental toxins are linked to xenoestrogens that mimic hormones in your body. They create imbalances that make it hard to conceive. You may think simple changes are not that impactful but they are. So, let's get to it and detoxify from the inside out.

Detox Your Home

It is time to look in your cabinets and in your laundry room to see what type of cleaners, detergents and other household cleaning products you are using. Are they natural and organic? If not, they probably contain many chemicals that can be easily absorbed through your skin when using them. It is important to buy and use organic, non-toxic and natural cleaners and detergents. Additionally, may cleaning products contain "fragrance". Fragrance on a label can mean the use of more than 100 different chemicals to make that product smell nice. Unless a cleaner uses natural essential oil for fragrance, it is best to avoid products with "fragrance" in the label ingredients.

If you work in your garden in your backyard or do a lot of landscape maintenance, then it's time to switch to natural pesticides rather than use and store toxic ingredients in your home. Limiting and/or avoiding these chemicals can benefit both female and male fertility.

The other thing most people don't think about is where they store their cleaning supplies. Maybe they have strong smells, and they are out where you are breathing in chemicals. Or they are in many places in your home making it easier to come into contact with them on a regular basis. Make sure to store all cleaning products in a designated area away from your kitchen where you prepare food.

Another unsuspecting place you find chemicals is sadly in hair care, body care, skin care products and makeup. Check labels to see what you are putting on your skin. Skin is the largest organ of your body and it absorbs everything it comes into contact with, so be aware of what you are using on a daily basis. Lean towards more natural lines of makeup, skin and body care. Avoid the following list of products if they are not natural and opt for healthier substitutes.

- Detergents
- Cleaners
- Laundry Soap
- Body Soap
- Perfume
- Hair Care
- Body Care
- Skin Care
- Air Fresheners
- Pesticides, garden and landscaping supplies
- Containers (use glass vs. plastic)
- Water (consider water filter for cleaner water)
- Renovation materials (for example, use VOC-free paint vs. non VOC)

Activity 01

It's time for change. In which of the following areas can you make changes to lower your toxic burden? What changes can you make?

Cleaners and Detergents

Hair, Body and Skin Care

Other Household Products

Detox Your Home

One of the biggest sources of toxins in our world is in the food we eat. Have you ever really read some of the food labels on your favorite snacks? "Monosodium Glutamate (MSG), polysorbate 80 and disodium ethylenediaminetetraacetic acid (EDTA)". All are common preservatives in food. Does this sound like things you should be eating and taking into your body? Pair this with artificial colors and sweeteners, pesticides, fungicides and other chemicals used in the different stages of food production. When it finally gets to your table, it has been exposed to a lot of chemicals. It can all add up day after day and year after year. These chemicals are hormone disruptors and are not good for you or your family, let alone your fertility.

What can you do to create harmony and detox your body of nasty chemicals you don't need? Here are some tips to change your body and change your health.

- Eat 50% or greater of your diet from plant-based foods.
- Avoid the dirty dozen, which is the fruits and vegetables with the highest residue of pesticides on them. You can buy organic to avoid this.
- Consume hormone-free meats.
- Consume cage-free and antibiotic free eggs.
- Consume organic dairy.
- Consume organic vegetables and fruits.
- Consume dye-free and preservative-free snacks.
- Eat whole foods rather than processed foods.
- Avoid alcohol and drinks with artificial colors and sweeteners.
- Drink lemon water or fruit-infused beverages instead.
- Limit medications, including over the counter, to only necessary prescription medications.
- Go gluten free.

Avoid Dirty Dozen

This list of fruits and vegetables contain the highest pesticide residues that are not easily washed off with just water. It is best to avoid these foods if they are not organic. Buy organic options for these foods if possible. If you cannot buy them fresh, consider them frozen such as frozen organic strawberries.

- Strawberries
- Spinach
- Nectarines
- Apples
- Peaches
- Pears
- Grapes
- Celery
- Tomato
- Sweet Bell Pepper
- Potatoes
- Hot Peppers

Activity 01

Meal plan for a day with organic, fresh and healthy foods.

Breakfast

Lunch

Dinner

Detox Your Mind

Now it's time to detox your mind. Negative thinking and self-defeating thoughts are pervasive with many people. We have more negative thoughts per day than positive, yet positive thoughts hold more power. So, first step is to identify self-defeating thinking patterns.

Negative and self-defeating thought processes produce negative emotions which create feelings of shame, defeat, low self-worth, criticism, anger and sadness. The first step is to observe our inner dialogue. What are we saying to ourselves? Are we saying nice complimentary things that are uplifting and supportive? Are we saying things that are critical and judging ourselves?

Once you have observes your inner dialogue, it is time to identify three of the most common self-defeating patterns.

All or Nothing Thinking

All or nothing thinking sees things as black-and-white and in absolutes. For example, "I always have health issues that prevent me from conceiving". This is the type of thinking that never allows for any gray flexibility or accurate interpretation. Instead, it sees things as all or nothing. All or nothing thinking leaves no room for flexibility and generally occurs when somebody is in a negative thought process. All or nothing thinking uses terms like never, ever, always, every time, never ends, my entire life, etc. This type of thinking reduces the ability to see alternatives to situations or create a resolution. All or nothing thinking makes you feel trapped that there are no solutions to a problem, therefore it reinforces feelings of anxiety and frustration. You're either a failure or a success. There's no in between. When you are engaging in all or nothing thinking, you're thinking evaluates yourself and your decisions in extreme terms and there is no room for balance and reason. It's a no-win thinking pattern that leads to self-defeating thoughts and feelings.

Mind Reading

Mind reading occurs when we make assumptions about what someone else is thinking without getting specific or clarifying information. For example, you assume based on a few things the doctor has said that your doctor thinks you will not get pregnant and that your fertility prognosis is poor even though there are no factor to confirm this assumption. Mind reading leads you to assumptions that may not be accurate. This can lead to feelings of devastation, sadness, panic when these feelings are related to something that is actually not happening or not accurate.

Catastrophizing

Catastrophizing is when you see an unfavorable outcome to an event. You focus only on negative details of a situation, then make assumptions based on these details. When we catastrophize about something, we can only see a negative outcome. For example, if we have to go to the doctor to get a test, we catastrophize about what will happen and think worst case scenario. “I know the doctor will find something wrong with me and tell me he can’t help me”. Catastrophizing leads to fortune telling which leaves no room for anything positive to come out of the situation. The reality is, you can get bad news from a doctor or experience something that is unfavorable, but if you always assume it will be this way, it leaves you trapped in a negative mind set.

Fortune Telling

You predict things will turn out badly when you are fortune telling. It can be easy to do when your reality is that you have struggled to get pregnant or had losses. This is not to be confused with dealing with real loss or real challenges. This is about focusing on what has not gone right and using that as a guide for all future predictions of treatments. If you did not conceive with an IVF cycle, you may predict that all treatments will have similar results.

Mental Filtering

Filtering is based on making conclusions where you're heavily focused on the negative details of a situation, person, or experience rather than the positive. The result of mental filtering is creating a distorted view of the big picture. Filtering is general is common as we all see things through our own individual filter based on our own personal experiences. However, the biggest "take home" about mental filtering is that is weighs heavily on the negative. Even if 10 positive things happen, a person makes a conclusion or has a negative feeling because they will focus only on the negative and see things through that lens. This can deter that person from the good that is really happening instead of only seeing what is not working and what is wrong in any given situation. This type of self-defeating thought pattern leads to feelings of inadequacy, sadness, despair, and frustration. Mental filtering can lead to another self-defeating thought pattern know as catastrophizing.

Activity 03

Write down a list of 9 self-defeating thoughts you tend to have. Identify the self-defeating pattern. Then, make an argument to counter that thought. See the example below.

Internal Dialogue

"Good things never happen to me."

Self-Defeating Pattern

All or Nothing Thinking, Fortune Telling

Countering Thought

Sometimes things don't work out the way I want but that doesn't mean this will be the case every time. Good things can happen to me.

Your Turn!

Internal Dialogue

Self-Defeating Pattern

Countering Thought

Internal Dialogue

Self-Defeating Pattern

Countering Thought

Internal Dialogue

Self-Defeating Pattern

Countering Thought

Internal Dialogue

Self-Defeating Pattern

Countering Thought

Internal Dialogue

Self-Defeating Pattern

Countering Thought

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